

# Your Holiday Survival



*Brought to you by  
the Fine Folks at the Naval Safety Center and  
Rudy, Your Holiday Survival Expert*



# Have A Fun and Safe Holiday Season

After a year of hard work,  
You deserve a break this holiday season.  
To help you get through the holidays, here's a load of  
ideas  
From Rudy, our friendly holiday survival expert.

Thanks for all your hard work this past year.  
Keep up the GREAT work and have a fun and safe  
holiday  
With your family, friends, and loved ones.

*-The Naval Safety Center Staff*

This way to  
**Happy Holidays!**



Your Holiday



# Avoid Injuries In Your Activities, So You May Enjoy The Festivities



- ❖ Plan ahead, make the right choices, and exercise caution.
- ❖ Make safety planning a family affair and tradition.
- ❖ Don't let your creativity overwhelm your holiday decorating.
- ❖ Visit the Safety Center holiday page for valuable tools and resources.



[www.safetycenter.navy.mil/seasonal/24-7holiday/](http://www.safetycenter.navy.mil/seasonal/24-7holiday/)





**Rudy Says...**

# Be of Good Cheer, Take It Easy On That Beer

- ❖ If you really must drink to get in the holiday spirit, be responsible and ask someone to drive you home.
- ❖ A good holiday host makes sure there's "unspirited" refreshments for the designated driver.
- ❖ Before you take that last drink, be careful, you could be drunker than you think.



[www.safetycenter.navy.mil/presentations/ashore/motorvehicle/onedrinktoomany.h](http://www.safetycenter.navy.mil/presentations/ashore/motorvehicle/onedrinktoomany.h)

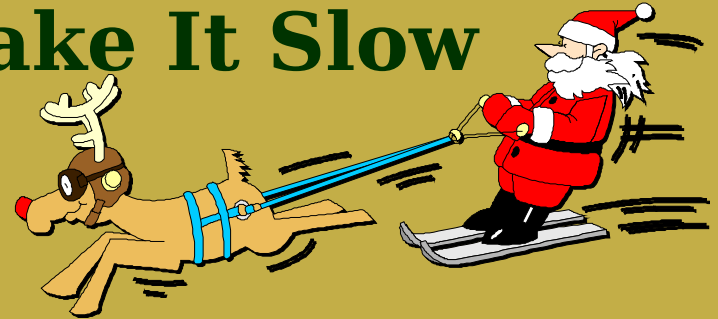


Your Holiday



**Rudy Says...**

# Survive The Ice and Snow; Take It Easy, Take It Slow



- ❖ There's no need to speed. Plan ahead for your holiday trip and you'll get there without a glitch.
- ❖ Stay awake and see the road. Cars belong on the road, not in a ditch.
- ❖ Your first crash may be your last. Buckle up.
- ❖ Motorcycle + slick road - personal protective gear = lethal weapon waiting to engage.



[www.safetycenter.navy.mil/ashore/motorvehicle/toolbox/default.htm#tripplanning](http://www.safetycenter.navy.mil/ashore/motorvehicle/toolbox/default.htm#tripplanning)



Your Holiday



**Rudy Says...**

# **Your Christmas Tree Should Bring Joy and Glee**



- ❖ Whether it's the real thing or the easy-assembly version, the tree should stand, not lean.
- ❖ Oh, the tree is so bright and gives out so much light. Is that a string of lights or a ring of...FIRE!
- ❖ A thirsty tree becomes a dried-up tree, which eventually could turn into a toasted tree.



**The holidays are over and the tree must go**

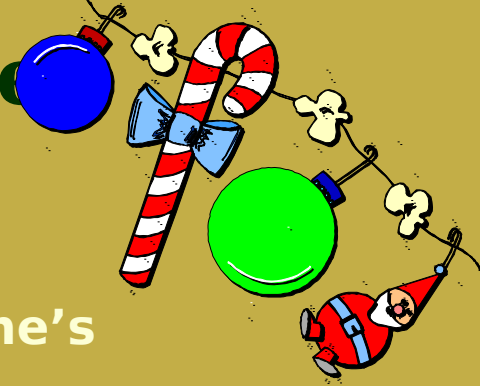
**[www.safetycenter.navy.mil/safetips/holidaygeneral.htm](http://www.safetycenter.navy.mil/safetips/holidaygeneral.htm)**



**Your Holiday**



# Don't Turn Your Home Into A Danger Zone



- ❖ The Holly is so pretty, but it could make someone's tummy not so happy.
- ❖ The trimmings are hung, the lights are strung, the carols are sung, and...wait...! Was that the smoke alarm that rang?
- ❖ Glass ornaments bring extra glow to your decor, but broken glass is dangerous on the floor.
- ❖ Holiday stockings are great, especially when filled with special treat. But hung too close to the fireplace they could put everyone in full retreat.
- ❖ Pets are truly adorable. But these curious creatures may find electrical cords and ornaments irresistible.



[www.safetycenter.navy.mil/safetips/holidaygeneral.htm](http://www.safetycenter.navy.mil/safetips/holidaygeneral.htm)



Your Holiday



# May Your Season Be Bright, But Not With Unattended Light



- ❖ Get careless with the lights on your tree and you could end up treeless, or worse, homeless.
- ❖ You should be proud to say “Inspected by House Member #1” before hanging those holiday lights.
- ❖ You may like the scent of apples and spice, but burning candles left alone don’t turn out nice.
- ❖ Space heaters, fireplaces, and gas logs provide extra warmth; but left unattended, you could have a burning mammoth.
- ❖ Lights are spectacular when they are on display and keeps Mr. Fireman away.
- ❖ Lights that are turned on must also be turned off.



[www.safetycenter.navy.mil/safetips/fireprevent.htm](http://www.safetycenter.navy.mil/safetips/fireprevent.htm)



Your Holiday

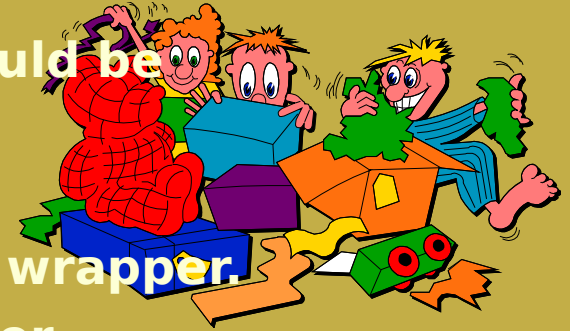




**Rudy Says...**

# Give A Toy That Will Bring Lots of Joy

- ❖ If there would be any crying, the tears should be those of joy, not of pain.
- ❖ Go ahead, snip the strings and tear up the wrapper. Just make sure you clean up after the clutter.
- ❖ Beware of toy parts you can't see, they could end up in places you least expect them to be.
- ❖ Unless you want to turn your home into a fly zone, stay away from toys that go airborne.
- ❖ Read toy labels carefully and look for the safety symbol ASTM F963.



[www.safetycenter.navy.mil/safetips/n-z/toys.htm](http://www.safetycenter.navy.mil/safetips/n-z/toys.htm)



Your Holiday



# Make Meal Preparation An Easy Chore

- ❖ Watching cookies bake could be fun. But when someone gets too close to the oven, definitely expect a burn
- ❖ Does your kitchen look like the land of confusion? Don't fret. Organize and you won't agonize.
- ❖ "I ate so much food, now my stomach doesn't feel so good."
- ❖ If you prefer using a turkey fryer, take it outside but don't leave it unattended.
- ❖ Come Mr. Clean. Come 409. Come Comet. It's time to roll up our sleeves and get the grime out.



[www.safetycenter.navy.mil/safetips/kitchenfires.htm](http://www.safetycenter.navy.mil/safetips/kitchenfires.htm)





# **The Blue Light Special Is Calling; The Time Is Now To Go Shopping**

- ❖ **Bring the smallest amount of cash (if you need to carry some) or only the credit card you need.**
- ❖ **Park under a light if you go shopping at night.**
- ❖ **Keep your cool while looking for a parking spot. Avoid confrontations in a jam-packed parking lot.**
- ❖ **Don't be a carry-it-all "Super Shopper." Don't make yourself an easy target for an excited robber.**
- ❖ **Avoid making the back of your car looking like a store holiday display case.**
- ❖ **Lay down some rules for all to make it home safe and sound.**



**[www.safetycenter.navy.mil/safetips/holidaygeneral.htm](http://www.safetycenter.navy.mil/safetips/holidaygeneral.htm)**



**Your Holiday**

**Season's Greetings  
from  
Rudy and Your  
Friends at the  
Naval Safety Center**



**[www.safetycenter.navy.mil](http://www.safetycenter.navy.mil)**

**(757) 444-3520 DSN 564**

**Communications & Marketing Department**

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